



**California Task Force on Youth and Workplace Wellness  
2006 California "Fit Business" Award  
APPLICATION**

Deadline March 15, 2006

**ORGANIZATION INFORMATION:**

Company:

Contact Person:

Title:

Phone Number:

Email:

Mailing Address:

City:

State:

Zip:

Name and Title of CEO, President, or Site Manager:

Headquarters Address (if different from address above):

City:

State

Zip:

Number of employees at the applying organization:

Applying organization's annual gross revenue:

For additional award consideration, please list the percentage of employees at your organization in each of the following annual gross wage categories:

\$35,701+ %

\$29,700-35,700 %

\$23,700-29,700 %

\$17,700-23,700 %

Business Type:

☐ Private

☐ Public

☐ Nonprofit

Employer Description (Industry, products, business philosophy, etc.):

## SECTION A

*For each category below, check all items that apply to your worksite.*

### EAT BETTER

Please use the following criteria when making selections to describe your workplace's food offerings:

**"Healthy"** food options include fruits and vegetables, and items that are/or have low-fat, reduced sodium, no added sugar. Examples include fruit and/or vegetable salads, whole fruits, cut-up vegetables, fat-free yogurt, lean meat sandwiches, broiled or baked meats or fish, light or fat-free salad dressings, and whole grain breads. "Healthy" beverage options include low-fat or fat-free milk, 100% fruit juice, or water.

**"Labels"** refer to messages that have been placed on or near prepared foods or vending machines, NOT the messages provided by the manufacturer on the item itself.

#### ***Food Service*** (refers to cafeteria, snack bar, or other prepared food service)

- ☐ Worksite has a cafeteria, snack bar, or food service for employees (if not, skip to **Vending Machines** section).
- ☐ Worksite has policies that require healthy food choices in the cafeteria.
- ☐ Worksite has policies that require healthy food preparation practices in the cafeteria (steaming, low-fat, salt substitutes, limited frying).
- ☐ Food service provides "healthy" food options on a daily basis.
- ☐ Food service provides "healthy" value meals.
- ☐ Food service provides fresh or dried fruits and fresh vegetables on a daily basis.
- ☐ Food service provides "healthy" beverage options on a daily basis.
- ☐ Food service does not "super size" portions.
- ☐ Food service provides labels (for example, "low-fat", "light", "heart healthy") to identify "healthy" food options.
- ☐ Food service labels foods with nutritional values (for example, calories, fat grams, percent of calories from fat).
- ☐ Food service provides point of service nutrition educational materials regarding food choices.

### ***Vending Machines***

- ☐ Worksite has vending machines for employees to access food or beverages (if not, skip to ***Eating at Work*** section).
- ☐ Worksite has policies that require healthy food choices in vending machines.
- ☐ Fruits (dried, sealed fruit cups, and fresh), vegetables, low-fat snacks, or other "healthy" food options are available in vending machines.
- ☐ "Healthy" beverage choices are available in vending machines.
- ☐ "Healthy" food choices are identified on or near vending machines.
- ☐ Labels that indicate nutritional values are provided on or near vending machines.

### ***Eating at Work***

- ☐ Worksite provides employee incentives for healthy eating.
- ☐ Worksite has policies requiring nutritious food and beverage options to be served at company meetings and events.
- ☐ Worksite provides nutrition and physical activity educational materials and promotional campaigns.
- ☐ Worksite has agreements with catering trucks to offer healthy options.
- ☐ Worksite provides sink, microwave, and refrigerator access to employees.
- ☐ Worksite has agreements with neighborhood eateries to offer healthy options.
- ☐ Worksite provides nutritious foods to employees free of charge.
- ☐ Worksite provides special pricing to encourage the purchase of healthy food options.

## **MOVE MORE**

- ☐ Worksite has policies allowing workers time during their work day to exercise, take walking breaks, or stretch prior to heavy lifting or labor.
- ☐ Worksite encourages flexible schedules so employees can more easily engage in physical activity when not working.
- ☐ Worksite provides incentives for engaging in physical activity at the worksite or away from work.
- ☐ Worksite encourages and supports stretch breaks at meetings.
- ☐ Worksite has accessible stairwells and promotes their use instead of elevators.
- ☐ Worksite has an indoor area set aside specifically for exercise and physical activity.
- ☐ Worksite has aerobic exercise equipment such as stationary cycles or treadmills.
- ☐ Worksite has strength training equipment.
- ☐ Worksite has designated outdoor facilities for exercise and physical activity, such as jogging trails.
- ☐ Worksite provides a changing room.
- ☐ Worksite provides a locker room with showers.
- ☐ Worksite has secure bicycle parking for employees.
- ☐ Worksite conducts or sponsors fitness assessments.
- ☐ Worksite conducts or sponsors group physical activity.
- ☐ Worksite sponsors sports teams.
- ☐ Worksite subsidizes memberships to offsite recreation or fitness facilities.
- ☐ Worksite provides physical activity educational materials and promotional campaigns.
- ☐ Worksite provides personal training.
- ☐ Worksite provides trained fitness instructors to lead classes on site before work, during lunch, and/or after work.

## PROMOTE HEALTHY LIFESTYLES

- ☐ Worksite offers employees health promotion programs, services, or classes.
- ☐ Worksite offers employees health risk appraisals and/or fitness screenings.
- ☐ Worksite has a policy that health promotion programs are provided during company time (not lunch hour).
- ☐ Worksite has a wellness coordinator or health promotion staff.
- ☐ Worksite has a wellness committee.
- ☐ Worksite has an employee health promotion needs assessment.
- ☐ Worksite evaluates health programs and/or seeks employee feedback.
- ☐ Worksite has programs to help employees manage chronic conditions (such as diabetes, asthma, high blood pressure).
- ☐ Worksite offers nutrition classes and/or weight loss support group programs.
- ☐ Worksite offers smoking cessation programs.
- ☐ Worksite offers stress management programs.
- ☐ Worksite offers ergonomics information or programs.
- ☐ Worksite offers injury prevention programs.
- ☐ Worksite offers healthy aging education.
- ☐ Worksite holds health fairs.
- ☐ Worksite provides flu shots.
- ☐ Worksite provides on-line health education/tips.

## CREATE A CULTURE

- ☐ The mission statement reflects a commitment to the health and well-being of employees.
- ☐ The workplace has organizational and performance objectives pertaining to employee health and well-being.
- ☐ The CEO provides regular health messages to employees.
- ☐ Management provides regular health messages to employees.
- ☐ Employee health issues are included in management training.
- ☐ There is an employee whose responsibilities are dedicated to employee health promotion.
- ☐ This company is genuinely concerned about the health and well-being of workers.
- ☐ Top management has a strong commitment to improving employee health.
- ☐ Middle management has a strong commitment to improving employee health.

Where did you learn about the Fit Business Award? Check all that apply:

- ☐ California Chamber of Commerce
- ☐ My local Chamber of Commerce
- ☐ Business colleague
- ☐ Society for Human Resource Management (SHRM)
- ☐ Publication
- ☐ Website
- ☐ Other membership organization
- ☐ Other

## SECTION B – NARRATIVE

*Please answer each question below as concisely and specifically as possible. Answers need to include specific explanations for all of the boxes checked in Section A.*

### EAT BETTER

1. Please explain in detail and provide specific examples of how your workplace supports access to healthy foods and encourages employees to eat healthy foods. Please include any measurable results or outcome measures from these efforts if known.

## MOVE MORE

2. Please explain in detail the physical activity options available at your worksite and how these are promoted and utilized. What percentage of your workforce uses the options offered? Please include any measurable results or outcome measures from these efforts if known.

## PROMOTE HEALTHY LIFESTYLES

3. Please explain in detail the health promotion programs, services, or classes offered at or through your workplace, including how often such programs are offered and how well they are utilized. Provide specific examples of how these activities promote employee wellness. Do you have any measurable results or outcome measures from these efforts? If so, please describe.

## CREATE A CULTURE

4. Based on your company's culture, please describe why it would be considered a fit business. Please provide examples.

Please complete this application by the March 15, 2006 deadline and

Email it to: [wellnesstaskforce@yahoo.com](mailto:wellnesstaskforce@yahoo.com) or

Fax it to: 916-351-1353 (attn: Paul Wright, Savvy Fitness)

For additional information please contact [wellnesstaskforce@yahoo.com](mailto:wellnesstaskforce@yahoo.com)

This application is based on the "Check for Health" worksite assessment tool from the *California 5 a Day—Be Active! Worksite Program* at the California Department of Health Services. For more information, go to [www.ca5aday.com/worksite](http://www.ca5aday.com/worksite)

*The Fit Business Award Application website is hosted by the California 5 a Day—Be Active! Worksite Program at the California Department of Health Services.*